



March Wellness Newsletter

SPECIAL POINTS OF INTEREST:

- Emergency Care Coverage
- National Nutrition Month
- Food Swap
- Stretching at Work
- Care Here
- Homemade Hummus Recipes
- Green and Healthy Recipes
- HelpNet



Sunday, March 8th



BlueHealthConnection

Understanding emergency care coverage

When the unexpected happens, your Blues health plan covers emergency care.

Authorized emergency care

Two types of emergency care are covered:

- An *accidental injury* includes bodily damage such as strains, sprains, fractures, cuts and bruises; allergic reactions, frostbite, sunburn and sunstroke; swallowing poisons and medication overdosing; and inhaling smoke, carbon monoxide or fumes.
- A *medical emergency* occurs suddenly and unexpectedly. This condition can result in serious bodily harm or threaten life unless treated immediately.

Types of treatment not covered as emergencies

Emergency room treatment for routine medical care (such as headaches, colds or slight fevers and follow-up care)

isn't covered. If you're unsure your condition warrants emergency care, but believe it needs prompt attention, you should call your doctor or the on-call after-hours doctor.

What to do in an emergency

If you have an emergency and taking the time to call your doctor may mean permanent damage to your health, seek treatment first. Go to the nearest emergency room or call 911. After the emergency has passed, your doctor can arrange appropriate follow-up care.

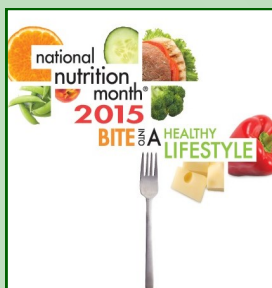
Questions?

Call the Customer Service number on the back of your Blues ID card.



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National Nutrition Month



Let's Eat for the Health of It!

Build a healthy plate

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.

- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.
- Keep your food safe to eat - learn more at www.FoodSafety.gov.

Cut back on foods high in solid fats, added sugars, and salt

Many people eat foods with too much solid fats, added sugars, and salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy - it all adds up.
- Eat fewer foods that are high in solid fats.

Eat the right amount of calories for you

Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.
- Write down what you eat to keep track of how much you eat.
- If you drink alcoholic beverages, do so sensibly - limit to 1 drink a day for women or to 2 drinks a day for men.

Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

Note to parents: What you eat and drink and your level of physical activity are important for your own health, and also for your children's health.

You are your children's most important role model. Your children pay attention to what you do more than what you say.

You can do a lot to help your children develop healthy habits for life by providing and eating healthy meals and snacks. For example, don't just tell your children to eat their vegetables - show them that you eat and enjoy vegetables every day.

9 Food Swaps that Slash 100+ Calories

Losing fat isn't easy...I don't have to tell you that. You've been striving for a fat loss goal for longer than you'd like to admit. To work towards your goal, you slave in the gym and watch what goes in your mouth every day.

But what if you could drop 100 calories or more by making a single change to your meal or snack? It is possible. You've just got to know where to swap. Check out the list below to find out nine easy swaps that will make your diet drop 100 calories instantly.

Ready? Get swapping!

Food Swap #1: From Bread to Topless

No, you don't have to give up bread altogether. If you want to quickly watch 100 calories slide off your meal, all you've got to do is toss the top piece of bread from your sandwich or the top bun from your burger. It may require a bit of balancing on your part, but it will instantly save you 100 calories and help that loaf of bread go twice as far.

Food Swap #2: From Bagel to English Muffin

Since we're already talking bread, we may as well knock out the bagel dilemma. They're delicious, thick, and hard to resist. However, if you can toss them out the window for an English muffin instead, you'll still enjoy great flavor (and a delightful texture) and without even batting an eye, trim 100 calories from your breakfast, lunch, or snack.

Food Swap #3: From Cream to Nonfat Milk

Have a hard time taking your coffee straight? You're not alone. Not interested in giving up coffee altogether? Then you're going to need to find a new option to the creamer-heavy concoction you make on a daily basis. The easiest solution is to swap out your creamer for nonfat milk. Lucky for you, this small swap pays off big, cutting 100 calories from your morning jolt.

Food Swap #4: From Regular to Light Beer

Your taste buds may revolt at the thought of light beer, but your shrinking waistline will love it. Drop your insistence on good ol' regular beer and drop 100 calories during a two-beer sitting.

Food Swap #5: From Juice to the Real Thing

Orange juice is a staple of many folks' breakfast routines. What if you tossed the juice and went for the real thing—a genuine, bona fide orange? You probably already guessed that this, too, would shave a lot of calories from your meal. At the same time, you'll get more fiber to keep your day moving along well.

Food Swap #6: From Peanuts to Edamame

They're readily available, taste great, and give you the salt fix you need. Peanuts are not, however, a low-calorie snacking option. Swap them out for edamame and you'll grab 4 bonus grams of protein, while cutting your calorie count by 100.

Food Swap #7: From Shake to Milk

When the stress of life gets to you, few things help you forget about your troubles better than a chocolate milkshake. Unfortunately, that shake leaves you feeling bloated and for good reason. It's jam packed with calories. Get the same chocolate comfort with a glass of chocolate milk instead of a shake and cut out at least 100 calories.

Food Swap #8: From Bacon to...Bacon

You grew up eating maple pork bacon and you've trained your kids to salivate at the thought of it. What if there was a way to have your bacon and eat it, too—without quite as many calories? There is. Going for an ounce—yes, just one ounce—of maple turkey bacon instead of the pork version will shave more than 100 calories from your daily consumption. And you still get to eat bacon!

Food Swap #9: From Raisins to Grapes

They won't stay fresh for months on end, but if you eat fresh grapes instead of their wrinkled siblings, you'll cut right around 100 calories at once. Yes, it is that easy.

Remember that exercise is a huge part of the equation when it comes to achieving weight loss.

1 Month, 1 Pound.

Need another incentive to shave 100 calories from your daily routine? Consider this: if you drop 100 calories a day, you'll lose a pound a month.

BENEFITS OF STRETCHING AT WORK

REMEMBER:
Stretch
Often!

1. Increased Circulation

While it is widely debated whether or not stretching prevents injury, it has been proven to increase circulation. Although stretching does not necessarily directly prevent injury from overuse, it does increase the blood flow and supply of nutrients to muscles and cartilage. This reduces muscle soreness after working out. The less sore your muscles are, the less painful it will be to work the same muscles and to exercise in general, and the more comfortable your day-to-day life will be.

2. Flexibility

There are four main measures of overall fitness: aerobic, muscular, body composition and flexibility. The main way to increase your flexibility is by stretching.

As you age, your muscles gradually become shorter and tighter, reducing your overall flexibility. This restriction makes you more susceptible to muscle, tendon and joint injuries. Stretching is primarily responsible for increasing flexibility, and reduces these risks. Increased flexibility also allows you to exercise more easily.

3. Increased Range of Motion

Stretching has been shown to effectively increase range of motion in joints. Better range of motion enables you to keep better balance. Better balance means you are less susceptible to falls and the resulting injuries (of particular importance as you age). Increased range of motion also helps to keep you up and moving.

4. Reduce Stress

Everyone has stress. Everyone is constantly looking for new methods of relief. Like all types of exercise, flexibility exercises like stretching have powerful stress-busting abilities. Stress causes your muscles to contract, becoming tense. This tension can have negative effects on just about every part of your body. Gentle stretching exercises relax tense muscles associated with stress. Also, since stretching is an exercise, it has the same endorphin-boosting effects, improving your mood and the way you feel in general.

5. Alleviate Lower Back Pain

Millions of people struggle with chronic lower back pain. Stretching is an excellent way to strengthen the lower back muscles, alleviating soreness and pain. Since many muscles (quadriceps, hamstrings, lower back muscles and hip flexors) contribute to your posture, stretching these muscles has the ability to greatly reduce or eliminate lower back pain.

Stretches for Your Wrists and Arms

Wrist Stretch: Extend arm in front, palm up and grab the fingers with other hand. Gently pull the fingers towards you to stretch the forearm, holding for 20-30 seconds. Repeat on the other side.

Wrist & Forearm: Press hands together in front of chest, elbows bent and parallel to the floor. Gently bend wrists to the right and left for 10 reps.

Lower Back Stretch: Sit tall and place the left arm behind left hip. Gently twist to the left, using the right hand to deepen the stretch, holding for 20-30 seconds. Repeat on the other side.

Lower Body Exercises

Hip Flexion: Sit tall with the abs in and lift the left foot off the floor a few inches, knee bent. Hold for 2 seconds, lower and repeat for 16 reps. Repeat on the other side.

Leg Extension: Sit tall with the abs in and extend the left leg until it's level with hip, squeezing the quadriceps. Hold for 2 seconds, lower and repeat for 16 reps. Repeat on the other side.

Inner Thigh: Place towel, firm water bottle or an empty coffee cup between the knees as you sit up tall with the abs in. Squeeze the bottle or cup, release halfway and squeeze again, completing 16 reps of slow pulses.

Chair Exercises

Chair Squat: While sitting, lift up until your hips are just hovering over the chair, arms out for balance. Hold for 2-3 seconds, stand all the way up and repeat for 16 reps.

Dips: Make sure chair is stable and place hands next to hips. Move hips in front of chair and bend the elbows, lowering the body until the elbows are at 90 degrees. Push back up and repeat for 16 reps.

One-Leg Squat: Make sure the chair is stable and take one foot slightly in front of the other. Use the hands for leverage as you push up into a one-legged squat, hovering just over the chair and keeping the other leg on the floor for balance. Lower and repeat, only coming a few inches off the chair for 12 reps. Repeat on the other side.

Upper Body Exercises

Front Raise to Triceps Press: Sit tall with the abs in and hold a full water bottle in the left hand. Lift the bottle up to shoulder level, pause, and then continue lifting all the way up over the head. When the arm is next to the ear, bend the elbow, taking the water bottle behind you and contracting the triceps. Straighten the arm and lower down, repeating for 12 reps on each arm.

Bicep Curl: Hold water bottle in right hand and, with abs in and spine straight, curl bottle towards shoulder for 16 reps. Repeat other side.

Ab Exercises

Side Bends: Hold a water bottle with both hands and stretch it up over the head, arms straight. Gently bend towards the left as far as you can, contracting the abs. Come back to center and repeat to the right. Complete 10 reps (bending to the right and left is one rep).

Ab Twists: Hold the water bottle at chest level and, keeping the knees and hips forward, gently twist to the left as far as you comfortably can, feeling the abs contract. Twist back to center and move to the left for a total of 10 reps. Don't force it or you may end up with a back injury.

Appointment Scheduler NEW Look

Now it's even easier to schedule your appointments online with CareHere.

Logged In:
John Doe

Organization:
CareHere Employee Healthcare

[Log Out](#)

General

[Appointments](#)

[Appointments-SS](#)

[FAQs / Knowledgebase](#)

Updates

[Contact Update](#)

[Health Update](#)

[Lab Update](#)

[Wellness Evaluation](#)

[Insurance Data](#)

[User Options](#)

Appointments

- Use the new quicker Appointment Process below ... or click: [Appointments \(Classic View\)](#)
- View instructions for each field by dragging your mouse (hover) over the field.
- To view, delete (cancel) or edit your future appointment, click **My Future Appointments** in the drop-down selection left of **Get Appointments**.
- For a listing of past and future appointments, click: [MyAppointments](#)
- Schedule back-to-back (two appointments) for first time visit and sports physical.

1	<p>Make Selection(s) for Appointment Search</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>When</p> <p>Begin Date: <input type="text" value="1/14/2015"/> End Date: <input type="text" value="1/14/2015"/></p> <p>Between the hours of <input type="text" value="0 AM"/> and <input type="text" value="12 Midnight"/></p> <p>(Central Time Zone)</p> </div> <div style="width: 50%;"> <p><small>Listings below in Black in drop-downs have active schedules based on Date Range (Begin Date and End Date) and other drop-down selections. Gray listings are <i>not</i> active, but are clickable for revised date ranges. Changing one drop-down Select list will update other drop-down Select lists (i.e. Certain providers are associated with certain clinics).</small></p> <p>What <input type="text" value="All Appointment Types"/></p> <p>Where <input type="text" value="All Clinics"/></p> <p>Who <input type="text" value="All Providers"/></p> </div> </div>
2	<p>Find Appointments for Selection(s)</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 40%;"> <p><input type="text" value="All Open Appointments Available"/></p> </div> <div style="width: 60%; text-align: right;"> <p>Get Appointments Reset and Start Over</p> </div> </div>

Scheduling appointments online with CareHere is now even easier with the new look of the CareHere Appointment Scheduler.

Simply...

1. Select **When**, **What**, **Where**, and **Who** as your preferences.
2. View available appointments **based on your preferences** by clicking **Get Appointments**.

An instructional tutorial document and video are available on your Welcome Page.

You can still call our 24/7 Support Center to schedule appointments as well.

DID YOU KNOW?

You can schedule your appointment **online**, **on the phone**, or with your **smartphone** or **tablet** using our mobile site at **CareHere.com**?



Connect with us, and learn more about CareHere!

www.CareHere.com • [f](#) [t](#) [p](#) [g+](#) [y](#)

CareHere abides by all federal HIPAA and confidentiality regulations.

Homemade Hummus Recipes

Basic Hummus

Ingredients:

- ✓ 2 15-oz cans chickpeas, drained and rinsed, liquid reserved
- ✓ 3 medium cloves garlic, minced
- ✓ 1/3 cup tahini, preferably homemade
- ✓ 1/4 cup freshly squeezed lemon juice
- ✓ 1/4 cup olive oil
- ✓ 1 teaspoon Kosher salt
- ✓ 1 tablespoon finely chopped fresh parsley, for garnish

Directions:

- ✓ Place chickpeas and garlic in workbowl of a food processor and pulse until chickpeas are roughly chopped.
- ✓ Add in tahini, lemon juice, olive oil, and 1/4 cup of reserved liquid from cans of chickpeas. Puree until smooth, stopping to scrap down sides of workbowl as needed. Thin hummus with additional reserved liquid if necessary. Add salt and pulse to combine.
- ✓ Place hummus in serving bowl, sprinkle with parsley for garnish, and serve.



Homemade Tahini Paste

Ingredients:

- ✓ 1 cup hulled sesame seeds
- ✓ 3 tablespoons or more extra virgin olive oil (see Note)

Directions:

- ✓ Heat a clean, dry cast iron or heavy duty skillet over medium high heat and add the sesame seeds. Stir frequently until they begin to turn golden brown and then stir constantly. Be careful, sesame seeds burn very easily.
- ✓ Once they're toasted, let them cool a few minutes then add them to a food processor.
- ✓ Start by adding 3 tablespoons of olive oil. Process the mixture into a paste, scraping down the sides. Add more olive oil until you reach the desired consistency. (*see Note)
- ✓ Makes a little less than 3/4 cup tahini paste, depending on how much olive oil you use.
- ✓ Store the tahini paste in the refrigerator in an airtight jar. Will keep for several months.



Tahini is a popular staple in Middle Eastern, Greek, and East Asian cooking. Here are just a few ways tahini is used:

- * In Greece it's a popular condiment in which to dip pita and souvlaki (grilled meat kabobs).
- * In Israel it's a staple topping for falafel and shwarma. It's also used to make halva-like treats.
- * In East Asia it's commonly used in noodle dishes.
- * Throughout the Middle East it's used in sauces for meats and vegetables.

Jalapeño Cilantro Hummus

Ingredients:

- ✓ 15 oz. can garbanzo beans
- ✓ 1/4 cup tahini
- ✓ 1/4 cup lemon juice (1 lemon)
- ✓ 2 cloves garlic
- ✓ 1/4 cup water
- ✓ 2 tablespoons olive oil
- ✓ 1/4 of a jalapeño (1 tablespoon)
- ✓ 3/4 cup cilantro
- ✓ 1 teaspoon cumin
- ✓ salt

Directions:

Mix all ingredients in a food processor.



Beet Hummus

Ingredients:

- ✓ 1/2 pound beets (about 4 medium sized beets), scrubbed clean, cooked, peeled, and cubed*
- ✓ 2 Tbsp tahini sesame seed paste
- ✓ 5 Tbsp lemon juice
- ✓ 1 small clove garlic, chopped
- ✓ 1 Tbsp ground cumin
- ✓ 1 Tbsp lemon zest (zest from approx. 2 lemons)
- ✓ Generous pinch of sea salt or Kosher salt
- ✓ Fresh ground pepper to taste



**To cook the beets, cut off any tops, scrub the roots clean, put them in a covered dish with about 1/4-inch of water in a 375°F oven, and cook until easily penetrated with a knife or fork. Alternatively, cover with water in a saucepan and simmer until tender, about 1/2 hour. Peel once they have cooled.*

Directions:

Place all ingredients in a food processor (or blender) and pulse until smooth. Taste and adjust seasonings and ingredients as desired. Chill and store in the refrigerator for up to 3 days or freeze for longer storage.

Eat with pita chips, or with sliced cucumber or celery, or on a crostini with goat cheese and shaved mint.

Go Green and Healthy for St. Patrick's Day

Lucky Leprechaun Dip (Vegan)

Ingredients:

1 can white cannellini beans (1 1/2 cups) - drain/rinse in hot water
1 cup kale
4 Tbsp extra virgin olive oil
2 Tbsp apple cider vinegar
2 tsp lemon juice + generous pinch of lemon zest
1/2 tsp fine black pepper
3 dashes of cayenne
1/4 cup raw cashews
1 1/2 Tbsp tahini, roasted, organic
1/4 cup warm water
1/4 cup chopped parsley, flat-leaf
optional: garlic powder or roasted garlic

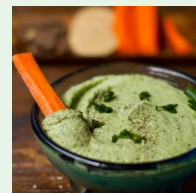
Directions:

1. Add all ingredients to high speed blender. Blend from low to high until silky and smooth. Add a few extra splashes of water or drizzles of oil if needed to blend smooth. (It will firm up quite a bit in the fridge)

2. Pour in serving dish and chill in fridge for 1 hour or overnight. You could serve right away or warm if desired as well.

3. Serve with a drizzle of olive oil on top and fresh parsley to garnish.

Serve with: flax crackers, carrot sticks, rice crackers, toast bread and more.



Baked Avocado Fries

Ingredients:

4 avocados, pits removed and cut into slices
1/2 cup flour
3 eggs + 2 tablespoons water
1 1/4 cups bread crumbs
1 teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon salt



Sauce:

1/3 cup mayo
1/3 cup sour cream or plain greek yogurt
Juice of 1 lime
2 tablespoons cilantro, chopped
1 teaspoon garlic powder

Directions:

Preheat oven to 450°F and grease a baking sheet with

cooking spray.

Add flour to a zip lock bag. Add avocado slices, seal, and shake to coat avocados in flour.

Remove avocados from the bag and discard the bag with excess flour.

In a small bowl whisk together eggs and water. In a separate bowl whisk together bread crumbs, garlic powder, chili powder, and salt.

Dip flour-coated avocado slices into the egg wash. Next, toss them into the crumb mixture being sure to coat well.

Place coated avocados in a single layer on the prepared baking sheet and spray generously with cooking spray.

Bake for 10-15 minutes until crispy and browned.

While avocado fries are baking, blend all sauce ingredients together.

Serve avocado fries warm with dipping sauce. Enjoy!

Baked Falafel with Tahini Sauce

Ingredients:

1 cup raw dried chickpeas, soaked overnight
1 cup chopped parsley
1 cup chopped cilantro
1 tsp coriander
1/2 tsp cumin
1/2 tsp black pepper
1/2 tsp hot paprika
1/4 tsp all spice
1/2 tsp turmeric
1/2 tsp garlic powder
1/16 tsp cardamon
1 tsp salt
1 tsp lemon zest
2 tbs extra virgin olive oil
Cooking spray

Directions:

Preheat oven at 400°F

Generously spray a mini muffin tin with cooking spray

Combine all ingredients, except olive oil in the food processor

Pulse a few times until all the ingredients are well combined, but not completely smooth

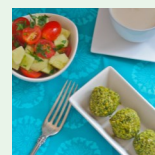
Place mixture in a bowl, add olive oil and mix well

Using your hands, form small balls and place them in the mini muffin tin

Bake at 400°F for 15 minutes.

Tahini Sauce:

1/2 cup of tahini paste
2 tbs lemon juice
1/2 tsp salt
4 tbs water



Directions:

In a small bowl, mix tahini paste, salt and lemon juice until it thickens.

Add water, 1 tablespoon at a time and mix until well incorporated.

For thinner sauce, add more water (note: sauce will thicken slightly when refrigerated)

March
2015

liveWELL



Spring it Forward

Daylight Saving Time is just around the corner, which means it's time to change the clocks. While many of us shiver at the thought of any type of change, others meet it head on. Whether it is "Spring ahead" or "Fall back", the good thing is we know the exact date of Daylight Saving Time each year. Here are some ideas to help you spring forward smoothly on March 8th:

- Since we are losing an hour, head to bed earlier that night to grab a few extra zzz's.
- As it starts getting lighter out earlier, take advantage of a longer day by working out in the morning or enjoying a sunset walk after a healthy dinner.
- Spring clean not just your house but your mind too; reevaluate your wellness goals, rejuvenate, and recharge.

HelpNet

Don't fret about Daylight Saving Time, embrace it. Spring is in the air!

Looking for a way to track your wellness goals? Use the exercise tracker or food journal on the Live Well website at www.helpneteap.com or call 888-975-9355 to talk with a wellness coach for other spring forward ideas.

VISIT WWW.HELPNETEAP.COM

OR CALL 888 975-9355 TO SPEAK TO A WELLNESS COACH
ABOUT ADDITIONAL RESOURCES AVAILABLE. **No time to talk?** USE THE LIVE CHAT
FEATURE ON THE WEBSITE TO CONNECT WITH A COACH VIA INSTANT MESSAGE.